

# Simple and Satisfying SNACK IDEAS

Looking for some nutrient-rich snack ideas to keep you fueled and satisfied throughout the day?

Try some of these **tasty snack pairings**:

## Peanut (or other nut butter) with:

Apples or bananas

Celery

Whole-grain crackers

Pretzels



## If you're craving something salty, try:

Air-popped popcorn

Pretzels

Roasted nuts  
 or trail mix

Jerky



## Low-fat Greek yogurt with:

Fresh fruit

Granola

Cereal

Make into dips  
 or smoothies



## If you're craving something sweet, try:

Granola bar

Smoothies made  
 from low-fat yogurt

Fresh, dried,  
 or frozen fruit

Individually-wrapped  
 dark chocolate



## Hummus or other low-fat dips with:

Whole-grain pita

Fresh veggies  
 (cucumbers, peppers,  
 carrots, etc.)

Pretzels

Baked chips



## If you're craving something savory, try:

Hard-boiled eggs

Low-fat cheese

Instant oatmeal

Low-fat dips or salsa

